



The Journal

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Red Cross Month Honors Local Volunteers



Photo courtesy Marin Reynes



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NAVADMIN Soliciting Sailors for RDC Duty

By Naval Service Training Command Public Affairs

The Navy is recruiting Sailors to become recruit division commanders (RDCs) at Recruit Training Command, the Navy's only boot camp, and Officer Training Command, as announced in the NAVADMIN 042/17 message, released Feb. 23.

Chief of Naval Personnel, Vice Adm. R. P. Burke, in the message calls on Navy leadership to canvass their top-quality enlisted personnel and encourage them to consider RDC as their next shore duty choice. The job of an RDC is not easy shore duty. The hours are long, the work is physically challenging, and strong character and personal integrity are required throughout the RDCs' work day. However, the personal reward of training and preparing Sailors for the fleet is unmatched.

Burke added in the NAVADMIN message, "a strong and resilient Navy is built on the leadership put in place to develop our force. The Navy's accessions training at Officer Training Command Newport (OTC) and Recruit Training Command (RTC) are our starting points for turning civilians into Sailors by instilling the Navy's Core Values. The leaders that provide this initial training are the Recruit Division Commanders (RDC)."

Training to be an RDC begins at RDC "C" school. Candidates must have passed the most recent physical fitness assessment, including the run. No optional cardiorespiratory event may be substituted. RDCs at OTC are E-7 and above, and RDCs at RTC are E-5 and above.

Serving as an RDC results not only in growth as a leader, increased career advancement opportunities, and a feeling of self-fulfillment, but it also includes the following benefits:

- * \$450 per month Special Duty Assignment Pay.
- * Additional annual clothing allowance of \$220.
- * Opportunity to earn a Master Training Specialist Qualification.
- * In line with the American Council on Education evaluation, RDCs may earn up to 15 college credits (both upper and lower credits) towards a bachelor's degree, and choice of follow-on coast assignment.

The RDC duty at OTC and RTC each has its own unique challenges. However, with the significant numbers of RDCs needed at RTC, PERS-4 has instituted an additional sea duty credit incentive for RDCs reporting to RTC on/after Oct. 1, 2016, and



PHOTO BY CHIEF PETTY OFFICER SETH SCHAEFFER

Naval Aircrewman Helicopter 2nd Class Steven Leib, the Junior Sailor of the Year, instructs recruits from Division 101 prior to departing the compartment at Recruit Training Command. Recruits line themselves up in a height line for marching prior to leaving the compartment for any evolution. About 30,000-40,000 recruits graduate annually from the Navy's only boot camp.

who complete a 36-month RDC tour.

According to NAVADMIN 042/17, interested Sailors must submit an Enlisted Personnel Action Request (NAVPERS 1306/7) requesting duty as an RDC to the appropriate rating detailer. Reference (a) contains all screening requirements and instructions for waiver submissions. All commanding officers with interested Sailors must ensure packages for prospective RDC candidates are screened thoroughly.

Additional information can be found on the NPC website at <http://www.public.navy.mil/bupers-npc/enlisted/detailing/shorespecialprograms/pages/default2.aspx>.

Screening packages must be sent via e-mail to michael.d.campbell3@navy.mil, by fax to (901)874-2646/DSN 882, or by mail to: Commander, Navy Personnel Command, PERS 4010, 5720 Integrity Drive, Millington, TN 38055-4000.

Bethesda Notebook

Brown Drive Changes

During the week of March 6, Brown Drive will be closed between the entrance and the exit of the staff parking garage (Building 54). The entrance will be accessible only from South Brown Drive via Palmer Road South. The exit will be accessible only from North Brown Drive via Palmer Road North.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be March 16 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building (#19), River Conference Room, third floor). Spouses and partners are invited. Military ID is required for base access to Walter Reed Bethesda. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Jeremy Brooks
Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor MC2 Hank Gettys
WRNMMC Editor Bernard Little

Writers
Andrew Damstedt
Kalila Fleming
Megan Garcia
MC1 Christopher Krucke
Joseph Nieves
MC3 William Phillips

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
Installation SARC	
Priscilla DePinto	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225

NSAB Kicks Off Year-long Radon Survey in March

By Andrew Damstedt
The Journal

A year-long survey to test radon levels inside buildings on Naval Support Activity Bethesda (NSAB) starts March 20 when radon detectors will be placed in pre-selected locations.

Alexia Martinez, Naval Facilities Engineering Command (NAVFAC) Washington environmental scientist, said the Navy is being proactive in testing its buildings to find out if there's an issue, not because there is a known issue.

"Radon is a naturally occurring gas, it's not anything man-made," she said. "It's not something we created; there's radon everywhere."

Radon is also one of the leading causes of lung cancer in the U.S., accounting for 21,000 lung cancer deaths each year, according to the U.S. Environmental Protection Agency (EPA).

Detectors will be placed in any building floors that are basement or ground level. They will be placed in open areas where they are exposed to room air but not in places where fans are blowing directly on the device. The survey lasts for one year so measurements can be taken in different seasons, she said.

The detectors pose no health risk. They do not contain electronic recording devices, and can be held onto a wall with a pin, she said. There will be contact information for Martinez if a detector falls or needs to be relocated, and building managers are aware of the program and also can be notified, she said.



PHOTO COURTESY ALEXIA MARTINEZ

Approximately 1,500 of these radon detectors will be put up in 670 locations in any Commander, Navy Installations Command-owned building starting March 20.

On NSAB, approximately 1,500 radon detectors will be put in 670 locations in any Commander, Navy Installations Command-owned building, such as the barracks, Navy Exchange, Navy Lodge and Building 27.

Because of its geology and past survey results,

The detectors will be placed in Bldgs: 13, 14, 15, 16, 20, 20T, 24, 25, 26, 27, 31, 50, 52, 56, 58, 60, 61, 64, 65, 66, 67, 80, 82, 83, 87, 88, 102, 103, 104, 105, 106, 107, 147, 152, 153, 226, 239 and 252. Radon detectors will be put up in Bldg. 11 at a later date because of ongoing construction.

the EPA has designated Montgomery County a Zone 1 area. That means there is a higher risk to find measurements above the 4 picocurie action level, which is the level that the EPA recommends people come up with a plan to fix ventilation issues inside buildings. (A picocurie is a measure of the rate of radioactive decay of radon).

If an above acceptable limit is found on NSAB, she said a mitigation plan will be developed to get better ventilation in that location.

An additional part of the Navy's Radon Assessment and Mitigation Program is informing the public about radon, she said.

"You can also find it at home," she said. "It might be a good idea to check your basement to see if you have good ventilation."

Radon detector kits are available at some home improvement stores and the National Radon Program Services at Kanas State University offers discounted kits. Martinez recommends opting for the long-term detectors.

Martinez said she plans to hold workshops during the next year to inform people about radon and the survey happening on base.

More information about the radon survey can be found on NSAB's website: <http://go.usa.gov/x9zSE>.

Walter Reed Bethesda Celebrates Black History Month

By Bernard S. Little
WRNMMC Public Affairs

"Success Always Leaves Footprints," said Booker T. Washington, an American educator, author, orator and advisor to U.S. presidents. The quote was the theme for this year's Black History Month observance, celebrated at Walter Reed Bethesda during a program Feb. 23 in the medical center's Memorial Auditorium.

"This theme suggests we as Americans must leave successful footprints for others to follow. We as Americans must find ways to lift others up vice pulling them down," said Chief Petty Officer Marcus Williams, the program's guest speaker. "Americans must also inspire others to think highly of themselves," he added.

"This quote, 'Success Always Leaves Footprints,' in its essence, was there when Charles Lenox Remond [recruited blacks for the U.S. Colored Troops during the American Civil War], and when Jean Baptiste Point du Sable [established a previous unsettled area in Illinois which became Chicago]. It was there [in 1863] when Sgt. William Carney became the first black recipient of the Medal of Honor, and in 1944 when the Navy commissioned

its first African American officers, the Golden Thirteen. And most recently, it was there when America elected its first African American president, President Barack Obama.

"So 'Success Always Leaves Footprints,' [and] we are leaving them now," Williams continued. "It's our responsibility as Americans to ensure we follow those footprints and in doing so, create our own footprints on our journey towards success," he added.

Army Pvt. Asia Anderson, of the Multicultural Committee, host for the program, said, the theme "captures some of the challenges and milestones in the nation's history; the barriers [individuals] faced and the footprints they left behind. Each step of the way, the military has supported the movement towards equality," she added.

In his invocation, Navy Chaplain (Lt.) Daniel Chung echoed these sentiments, praying for "continued guidance to light the path so people, neighbors, those of a different color, brothers and sisters are not forgotten [and correcting] the course of our finite hearts and minds that we might become inclusive rather than exclusive in how we view and value others."

Army 1st Sgt. Quincy Martin recited

his original spoken word piece, "A Paradise."

Speaking from the heart and with passion, Martin said, "[my grandmother] told me to never let my environment influence me from reaching my full potential or set up barriers that might slow down my progression....If Black Lives Really Do Matters, then it starts with us first."

In another of his poems entitled "It's In Me," Martin said, "Please believe me when I say that strength runs through my blood....Yeah I've been knocked down and fell on my back, but I always figured, as long as I could look up, I could get up....God put this inside me, so I'm going to act accordingly and continue down this route...My strength comes in large amounts. It's in me."

Musician Torry B. also performed during the program, singing a moving rendition of Billie Holliday's song, "God Bless the Child," to close out the program.

The event was followed by members of the Multicultural Committee serving a lunch of traditional African-American dishes.

"It's important we remember the struggles and achievements of our



PHOTO BY BERNARD S. LITTLE

Spoken word artist Army 1st Sgt. Quincy Martin recites one of his poems during the Black History Month program at Walter Reed Bethesda on Feb. 23.

people so we can move forward and continue to do great things," said Kevin Allen, of the Radiation Safety Division at WRNMMC.

Dr. Faye G. Abdellah Dies at 97

**By Sharon Holland
USU External Affairs**

Dr. Faye Glenn Abdellah, founding Dean of the Uniformed Services University of the Health Sciences (USU) Daniel K. Inouye Graduate School of Nursing (GSN), and retired Rear Admiral of the U.S. Public Health Service (USPHS) passed away Friday, Feb. 24, at the age of 97. Abdellah was a pioneer and internationally recognized leader in nursing whose contributions substantially improved the nation's health. A true visionary, Abdellah was dedicated to advancing the nursing profession and is considered to be among the world's most influential nursing theorists and public health scientists.



**Dr. Faye Glenn
Abdellah**

In 1937, 18-year-old Faye Abdellah witnessed the explosion of the German passenger airship, Hindenburg, in Lakehurst, New Jersey, which became a crucial turning point in her life. In an interview years later for *Advance for Nurses*, she said, "I could see people jumping from the zeppelin and didn't know how I would take care of them, so I vowed that I would learn nursing."

Abdellah earned a nursing diploma from the Ann May School of Nursing in Neptune, New Jersey, undergraduate, masters and doctoral degrees from Columbia University, NY and graduate work in the sciences from Rutgers University. She authored more than 153 publications, some translated into six languages, including her seminal works, "Better Nursing Care Through Nursing Research" and "Patient Centered Approach to Nursing," which forever changed the focus of nursing theory from disease-centered to patient-

centered. She was the recipient of twelve honorary university degrees, and numerous awards, including the prestigious Allied Signal Award in 1989 and the Institute of Medicine's Gustav O. Lienhard Award in 1992, all recognizing her innovative work in nursing research and health care.

Abdellah was the first nurse and the first woman to serve as Deputy Surgeon General (with Dr. C. Everett Koop) and was first nurse to hold the rank of Rear Admiral (upper half). Her incredible leadership abilities resulted in many truly remarkable accomplishments, including the development of the first tested coronary care unit, saving thousands of lives. Dr. Abdellah was renowned as an expert in health policies related to long-term care, mental retardation, the developmentally disabled, aging, hospice, and AIDS.

In 1989, she retired from the Public Health Service, and shortly thereafter, Congress directed the initiation of a demonstration program at USU for the preparation of family nurse practitioners to meet the needs of the uniformed services. Abdellah stepped forward to assist then-USU President Dr. James A. Zimble establish the GSN in 1993, and under her leadership the GSN grew from a single master's degree program with two students, to a premier, fully accredited graduate school. Today, the GSN offers advanced practice and research doctoral degrees, and more than 700 nurse scientists, nurse anesthetists, clinical specialists, and family, women's health and psychiatric mental health nurse practitioner alumni are advancing military, veteran and federal health.

Abdellah was a charter Fellow in the American Academy of Nursing, later serving as the Academy's President and in 1994 she was one of the first Fellows to receive the Academy's highest honor, the "Living Legend" Award. In 1999, she was elected to the Hall of Fame for

Distinguished Graduates and Scholars at Columbia University, and the following year, was inducted into the National Women's Hall of Fame for a lifetime spent establishing and leading essential health care programs for the nation. In acknowledging the recognition, Abdellah said, "We cannot wait for the world to change... Those of us with intelligence, purpose, and vision must take the lead and change the world. Let us move forward together! ... I promise never to rest until my work has been completed."

In 2001 she received the "Breaking Ground in Women's Health Award," and in 2012, she was inducted into the American Nurses Association Hall of Fame. Abdellah retired from USU in 2002 after 49 years of service to the Federal government and the nation.

"This is an incredible loss to the nation and nursing. Her intellect, compassion, and passion for excellence will be deeply missed. As a former student at USU's GSN, I feel personally blessed to have learned from her leadership," said Rear Adm. Susan Orsega, USPHS Chief Nurse Officer.

"Dr. Abdellah is a nursing icon for leadership in education, research, practice and health policy. She has influenced almost every aspect of nursing and public health. Like Florence Nightingale, she has been a beacon of light for future generations and has provided vision for the science and the practice of nursing. I was privileged to meet her when I was a new graduate and have viewed her as a mentor throughout my career. Her influence will live on as an inspiration to uniformed officers and health professionals," said Dr. Carol Romano, dean of the Daniel K. Inouye Graduate School of Nursing.

The Graduate School of Nursing, in collaboration with the USPHS, is planning a memorial tribute to honor Dr. Abdellah and the nearly half-century of her extraordinary contributions to the nation.

Construction Forum Focuses on Brown Drive, Parking

**By Bernard Little
WRNMMC Public Affairs**

Construction to enhance the delivery of patient care will continue at Naval Support Activity Bethesda and Walter Reed National Military Medical Center for the foreseeable future, explained members of the Joint Construction and Transition Planning Team during a forum Feb. 21 in the hospital's Clark Auditorium.

Army Col. Anthony Meador, WRNMMC's assistant chief of staff, explained how ongoing construction has created a need for regular forums to inform employees and beneficiaries of the status of projects and impacting changes occurring on base and in the hospital. The next construction forum is scheduled for April 18.

At the recent forum, team members focused on construction impacting Brown Drive, parking and garages on NSAB.

During the week of March 6, north Brown Drive will close for construction, and entry to the Building 54 Staff Parking Garage will only be accessible from the south entrance. Staff entering NSAB at Gate 2 (across from the Medical

Center Metro Station on Wisconsin Ave., Route 355) on South Wood Road, should make the right onto Palmer Road South (past the Emergency Room), then turn left on Brown Drive and proceed to the Building 54 garage. Staff members are also encouraged to use Gates 3, 4 and 5 on Jones Bridge Road to enter and exit NSAB.

Upon exiting the Building 54 garage, staff will only be able to turn right to intersect with Palmer Road North.

Concerning the G-Lot on Palmer Road North on NSAB, it is slated to close March 20 to accommodate the delivery of temporary work spaces for hospital services. All staff with Red Parking Placards who currently park in G-Lot should plan to park either in Building 54 or Building 32.

Building 32's access control arms are scheduled to go in effect March 13, and a coded Common Access Card (CAC) or proximity card will be needed to enter the garage.

Use of the access control arms at Building 32 should prevent unauthorized vehicles from parking in the garage, and increase available parking for authorized staff, explained Ryan Emery, NSAB

transportation program manager.

All staff members authorized a Red Parking Placard who do not have access to Building 54 on their CAC should go to Building 102 — Pass & ID Building (near Gate 1 on Wisconsin Ave., Route 355), between 9 a.m. and 1 p.m. weekdays to verify their CAC or proximity card is appropriately coded to allow entry into the Building 32 before March 13, Emery added.

"We are not asking all 2,800 Red Parking Placard holders to come to Pass & ID; only those who never had permissions to either garage added to their CAC or proximity card," he explained.

Beginning March 13, all overnight staff who currently park in the Building 32 should park in Building 55 (Patient Parking Garage), where NSAB and WRNMMC security officers will direct traffic flow.

Andy Buzbee, program manager of the Command Comprehensive Master Plan for Naval Facilities Engineering Command, said the H Parking Garage, near the Child Development Center and Fisher Houses on base, will open this spring, although there is no firm date set for opening of the 600-space facility.

Sandy Dean, WRNMMC's public affairs officer, and Regina Randolph, of WRNMMC's Strategic Communications Department, said information and updates concerning construction will be on NSAB's and WRNMMC's social media sites and internet pages at: www.facebook.com/NSABethesda, www.wrnmmc.capmed.mil, and www.facebook.com/WRNMMC.

On Twitter, information is at @WRBethesda and @nsabethesda.

Information is also available by texting NSABTraffic or NSABInfo to 888-7777 to receive updates about traffic and other information.

In addition, www.dcmilitary.com posts NSAB's Journal newspapers, which contain articles concerning construction on NSAB and at WRNMMC.

Information is also available to staff on the WRNMMC Intranet Page at the "Construction News" icon under "STAFF INFORMATION" on the Home Page (right side).

People with questions, concerns and feedback can email the Joint Construction and Transition Planning Team at dha.bethesda.wrnmmc.list.communications-team@mail.mil.



PHOTO BY BERNARD S. LITTLE

Walter Reed National Military Medical Center leadership team and benevolent society members cut the ceremonial ribbon dedicating two of 42 enhanced infusion chairs the society donated to the hospital during a ceremony on Feb. 21 at WRNMMC.

Nephrology Service, Hematology/Oncology Clinic Dedicate New Infusion Chairs

By Bernard S. Little
WRNMMC Public Affairs

Dialysis and prolonged infusion are challenging for patients, explained Army Lt. Col. (Dr.) Stephen Olson, assistant chief of Nephrology Service at Walter Reed National Military Medical Center (WRNMMC). Efforts made to improve the comfort of those patients during their care is greatly appreciated he added in thanking a benevolent organization for donating more than 40 enhanced infusion chairs to WRNMMC's Nephrology Service and Hematology/Oncology Clinic.

Walter Reed Bethesda leadership and members of the benevolent society cut a ceremonial ribbon to dedicate the chairs during a ceremony Feb. 21 in Nephrology Service.

"Physical comfort definitely lessens the stress [of dialysis and prolonged infusion] for patients who cede much of their autonomy and control during the experience," Olson said. "Dialysis patients in particular endure a marathon of 12-plus hours of treatment each and every week of every year, and physical comfort makes that marathon much more comfortable."

Olson added the medical staff who cares for those patients share a special relationship with them, "and as such, the providers have a

"Physical comfort definitely lessens the stress [of dialysis and prolonged infusion] for patients who cede much of their autonomy and control during the experience," Olson said.

heightened concern for their patients' overall well-being. In short, comfort matters, not only for the patient, but also for the provider. No doubt [the 42 chairs] will benefit hundreds of patients going forward over the years."

WRNMMC Director Army Col. Michael S. Heimall echoed Olson's sentiments. He said benevolent organizations are "solid supporters of everything we do here at Walter Reed Bethesda." He explained such groups help write the next chapter of our continuing legacies of the former Walter Reed Army Medical Center, former National Naval Medical Center, WRNMMC and the history of military medicine in general.

"In health care in America today, relying on philanthropy of great people who just want to give back to [others] who are suffering and help make their day a little bit brighter and a little bit comfortable, is really a hallmark of American medicine," Heimall said.

Retired Army Col. Janet Southby, past president of the benevolent organization donating the enhanced infusion chairs to WRNMMC, said it is important to her society's members that Walter Reed Bethesda is a world-class organization. "We support the medical center in looking like a world-class organization, [and] that's why we ended up getting these [top-of-the-line] chairs."

The chairs are equipped to allow patients to change positions for comfort, as well as for massage and heat.

Army Chaplain (Lt. Col.) John F. O'Grady blessed the chairs, praying, "They become a source of comfort, relaxation, peace and healing for patients, and those who use them enjoy better health [and] long life. The chaplain also called for blessing for the WRNMMC staff, adding they have "wisdom, strength, peace and joy as they care for patients who will occupy the chairs in their health care."

ANIMAL VISITATION PROGRAM



PHOTOS COURTESY MARIN REYNES

The Red Cross Pack makes weekly visits in pre-approved areas throughout Walter Reed National Military Medical Center. The pack consists of more than 30 volunteer dogs and handlers who help to boost morale for patients, families and staff in pre-approved areas of the hospital and brings a sense of home to those who may be far from theirs. In 2015, the Red Cross Pack spent 64 days making visits in the hospital and across the Installation. To request a visit from the Hospital Dogs or the Red Cross for a particular patient, please call (301) 319-4447 or (301) 295-7895.

COMFORT CART PROGRAM



In 2016, Red Cross Volunteers provided service members, veterans and their families more than 50,000 basic needs items to make their stay just a little bit more comfortable. Volunteers visit inpatient areas daily with a Comfort Cart stocked with basic needs items such as toiletries, adaptive clothing, blankets, DVDs, video games, children's toys and snack items. During the week, the Comfort Cart goes to the Surgical Waiting Room, ICU/PICU, Building 10 on the 3rd, 4th and 5th floors beginning at 9:30 a.m. and on the weekend at 2 p.m.

SEWING PROGRAM



Every Thursday from 9 a.m. to 12 p.m., Red Cross Volunteers are in the lobby of Occupational Therapy in the America Building. These volunteers support hospitalized service members, veterans and their families with modifications, alterations adaptations or repairs for clothing/uniforms to support independent living, as well as wheelchair bags and service dog vests. Those needing this service can drop off items on Thursdays and pick up the finished product in the Red Cross Office.

March is Red Cross Month – Thank the Volunteers!

By Marin Reynes
WRNMMC Red Cross Senior Station Manager

Since 1943, during the height of World War II, March has been declared Red Cross Month. For us, this is a simple reminder to reflect and thank those who selflessly serve our service members, veterans and their families across the globe as well as at Walter Reed National Military Medical Center (WRNMMC) and Naval Support Activity Bethesda (NSAB). The Red Cross Service to the Armed Forces Volunteer Cadre at NSAB/WRNMMC is the largest Red Cross Service to the Armed Forces Cadre in the world. More than 600 volunteers contribute more than 6,000 hours monthly across the Installation. Red Cross volunteers range from civilians to active duty service members; from administrative personnel to medical doctors, supporting activities across the installation. These services include greeting every wounded, ill and injured service member who arrives via MEDEVAC, supporting MWR events, managing Red Cross Programs, volunteering in more than 75 clinics throughout the hospital and adding more than 50 youth volunteers in a competitive program every summer. In 2016, Red Cross volunteers contributed 72,105 hours to support service members, veterans and their families receiving care or working at WRNMMC and NSAB. These contributions are valued at \$1,920,877 in volunteer value added. A few of the most popular Red Cross Programs run by volunteers that directly support patients and families are the Comfort Cart, Animal Visitation Program, Sewing Program and Coffee Morning.

For more information about volunteering or Red Cross programs, please call (301) 295-1538.

COFFEE MORNING PROGRAM



Red Cross Volunteers host Coffee Mornings for service members, veterans and their families four times per week. This allows participants to converse in an informal setting and enjoy coffee, fruit, donuts/bagels prior to or in between what can be a long day of appointments. In 2015, volunteers hosted 204 Coffee Mornings supporting patients and families.

“Because I wanted to draw on my past to better our future, it had to be UMUC.”

MIKE KNUTSON
Bachelor of Science,
Cybersecurity
Navy Veteran

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ANIMAL VISITATION PROGRAM



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For more information about volunteering or Red Cross programs, please call (301) 295-1538.

COFFEE MORNING PROGRAM



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Heart Failure Clinic Offers Well-rounded Patient Experience

By Megan Garcia
WRNMMC Public Affairs

James McNeill, a retired Army veteran who served 24 years, has suffered from high blood pressure since the 1980s. As a result, he frequented the cardiology department at the former Walter Reed Army Medical Center and continued to visit the clinic at the Walter Reed National Military Center in Bethesda, Maryland. However, on Aug. 22, 2015, he realized there was something more serious going on during one of his visits to the medical center.

"I passed out in the doctor's office," said McNeill, who is now 70 years old. "They took me to the emergency room in the hospital, and that's when I was diagnosed with congestive heart failure."

As a result, McNeill was referred to the Heart Failure Clinic.

The Heart Failure Clinic treats patients who have been diagnosed with congestive heart failure or who are at risk for the disease. A physician, three nurse practitioners and a registered nurse run the clinic Tuesday and Wednesday from 8 a.m. to 4 p.m. in the Cardiology Department.

"The clinic helps patients know how to better care for themselves when they have congestive heart failure, what they need to do in terms of taking their medications [and] their diet, and how they can help themselves feel better," said Cathy Franklin, a nurse practitioner who works in the clinic.

Patients receiving care in the clinic are placed on one of three classes. Class A consists of people who are at risk for heart failure and who generally

suffer from diseases such as high blood pressure, high cholesterol and diabetes. Class B consists of people who have been diagnosed with heart failure, and Class C consists of people who have actually been hospitalized for heart failure.

"Once you are in a class, you can't go back, so we try to keep the A's from getting to the C's," Franklin said. "If you control those risk factors, sometimes you can prevent them from getting heart failure later."

Franklin said some symptoms that might point to someone who may be experiencing heart failure are shortness of breath, swelling in the ankles and feet, a decreased exercise tolerance, rapid weight gain, and an inability to sleep at night.

"We have patients weigh themselves every day, and if they start to gain weight, like three pounds over night or five pounds in a week, then they are going to give us call," Franklin said. "If they notice they can't lay flat at night, they are going to give us a call."

The staff educates patients on how to make healthier food choices in order to help them keep their weight under control.

"We tell them to stay away from high-sodium foods such as sausage, bacon and ham, and to eat any kinds of fresh fruits and fresh vegetables, and to use fresh meats without salt, such as chicken, fish and turkey," Franklin said.

Patients are also referred to a nutritionist for more, in-depth counseling.

"They will contact you and let you know what you should be doing, but it's up to the patient to make the changes," McNeill said. "I did away with a lot of salt and fried foods. I already drunk a lot of water,

but I increased my intake. I also cut out a lot of breads."

In addition to maintaining a healthier diet, Franklin stresses a good exercise regimen and urges patients to try and exercise for at least 75 minutes a week.

McNeill said he's been unable to do as much exercise as he would like due to a recent back injury, but prior to that, he would walk every day between 20 to 25 minutes. With the alteration also in his diet, he started feeling better.

"I noticed a change in my breathing and my blood pressure, and I wasn't as tired as much," McNeill said.

Aside from exercise and nutrition, the clinic staff also works with clinical pharmacist to ensure patients get the proper medicine.

"There are certain medications that heart failure patients need to be on," Franklin said. "We get them on those medications, so they can feel better and live longer. We start them off low and take them to the proper doses."

Overall, McNeill said he's grateful for the staff and for what he has learned through the clinic.

"It's been great," McNeill said. "I have a great nurse practitioner, Stacy Walsh-Pouch. She's very firm and concerned about your health, and she explains things to you in a way you can understand. We can sit and have conversations about me and my family. She's not only concerned with you, but how things are at home to make sure that you have plenty of support from your family. Once you leave there, she continues to call and check on how things are with you. Every time I visit, I'm thankful for it."

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Navy Invites Gamers to MMOWGLI

By Dustin Q. Diaz
Naval Surface Warfare Center
Carderock Division Public Affairs

The Navy is inviting gamers to another MMOWGLI (Massive Multiplayer Online Wargame Leveraging the Internet) event in March.

This online game calls forth the combined imagination of the Navy's members and other public players. The Navy is looking for insight from people who are curious about the future and want to help design the Navy for a post-Singularity world.

A Singularity represents the convergence of forces so profound and transformational it creates an event horizon which we lack understanding beyond. On Earth, this represents the emergence of greater-than-human intelligence from technological means. According to Garth Jensen, director for innovation at Naval Surface Warfare Center, Carderock Division, experts estimate the "Year of the Singularity" could come as soon as 2035.

"What we can't see is what lies over that horizon," Jensen said. "If you've wondered what would happen to the Navy when that time arrives, you're not alone. The Navy is looking for insight from people like you who are

curious about the future and willing to put their imagination to work. Not a technologist? Don't worry. This issue is so complex and open-ended that we need everyone's perspective to help think it through. Help us design our Navy for the post-Singularity world that's rapidly approaching!"

Game players can post ideas and then respond with other ideas which build, counter, redirect, or call for further expertise. Gameplay generates insight into complex, difficult, real-world challenges. After the game, the best ideas and concepts are considered for adoption by the Office of Naval Research and other Navy stakeholders. There is no telling how far a player's influence might reach.

Those up to the challenge can sign up at this link: <http://mmowgli.nps.edu/singularity/signup>. The MMOWGLI game will be hosted on the Naval Postgraduate School's MMOWGLI platform and runs in any web browser on a personal computer or laptop. In addition, MMOWGLI support can be found through mobile devices such as an iPad. The game is open to all like-minded people who would also like to contribute, so please pass on this information.

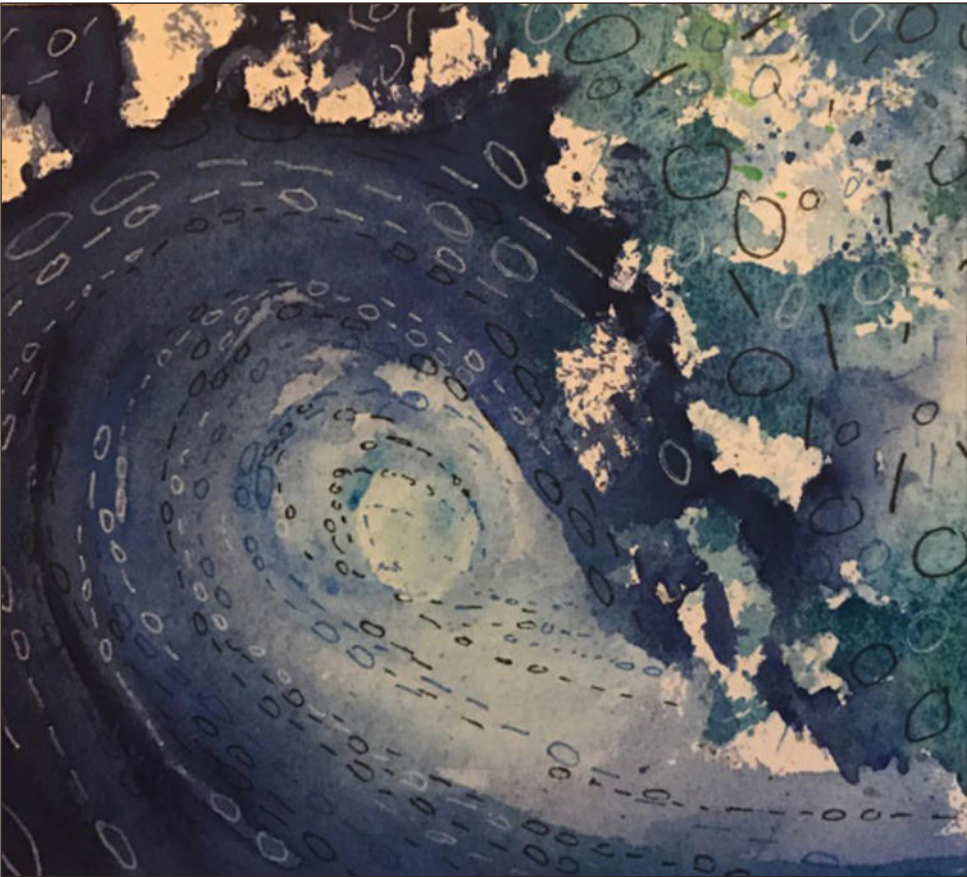
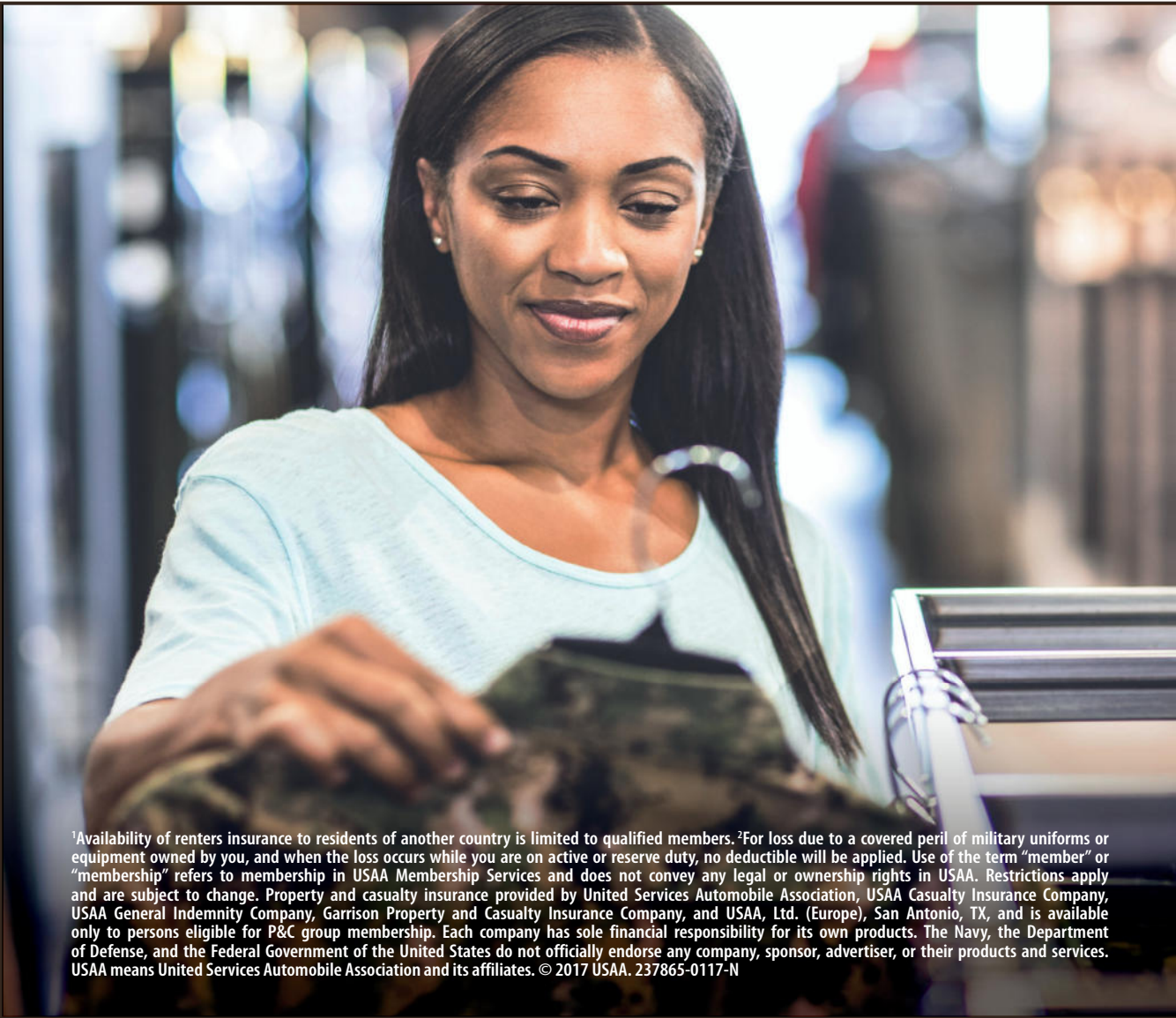


IMAGE DESIGNED BY LT. CMDR. KRISTEN WHEELER

This wave was designed as artwork for the Massive Multiplayer Online Wargame Leveraging the Internet (MMOWGLI) game taking place in March. The Design for Maritime Singularity-MMOWGLI is meant to help design the Navy of the future.



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Program Connects Navy, Marine Vets to Energy Field Internships

By David Smalley
Office of Naval Research

From cybersecurity to reducing energy costs for the military, a program sponsored by the Office of Naval Research is offering opportunity: Navy and Marine Corps veterans are being connected to advanced internships in energy fields, with the ultimate goal of long-term energy sustainability for the future fleet and force.

The Energy System Technology Evaluation Program, or ESTEP, began four years ago as a way to train veteran sailors and Marines in energy careers while helping meet warfighter energy demands.

Sponsored by ONR's sea warfare and weapons department, the unique program merges academia and naval commands in an effort to advance energy technologies to meet critical naval needs and reduce one of the biggest costs for the services — as well as some of the biggest dangers, including resupply runs in combat zones.

Naval Energy Workforce

"There's a vital need for an educated and trained naval energy workforce," said Richard Carlin, department head at ONR. "We have seen the dangers faced by our Marines when it came to resupplying forward operating bases. We see the dramatic costs involved in providing the fleet and force with enough fuel and energy to run their bases at home and accomplish their missions around the world."

Carlin added, "And today, we see increased the rise in cyberattacks on energy facilities. All of these are clear signs of the need for a well-trained, energy-savvy naval workforce."

The ESTEP program is using top personnel

as mentors from academia, including the Naval Postgraduate School, and naval commands like the Naval Facilities Engineering Command and the Space and Naval Warfare Systems Center Pacific to help ensure the Navy and Marine Corps have the best energy capabilities while training veterans across a host of issues, including cyber resilience in critical infrastructure components.

Growing Program

ESTEP has grown since its inception, with California State University San Marcos in 2015, becoming the hub for coordinating student veteran internships with the naval commands and at Camp Pendleton, the largest Marine Corps facility on the West Coast. Veterans from CSUSM, San Diego State University, and other local schools now participate in the program.

"We have a goal of not only preparing students academically, but assuring that they are career ready," said Karen Haynes, president of CSUSM.

She added the real-world internships and opportunities in ESTEP were essential to those goals, and noted the mutual benefits received by the university.

"They bring to us skill sets," Haynes said. "They bring to us discipline; they bring to us a sense of team and understanding of team building."

While student veterans work to advance the nation's energy future, they are grateful for the opportunity to work in meaningful, paid internships while developing career skills.

John San Miguel, a Marine Corps veteran and ESTEP participant, said the program has been life-changing. He is proud of the contributions he's making to the nation's energy future.

"This program not only gave me a job upon



PHOTO BY JOHN FWILLIAMS

John San Miguel works with programmable logic controllers at SPAWAR Systems Center Pacific as part of the Energy Systems Technology Evaluation Program, or ESTEP, an innovative Office of Naval Research (ONR) program which helps student veterans find high-level, meaningful opportunities in energy-related fields within the Navy and Marine Corps. The program is a partnership between ONR, San Diego State University, SPAWAR, the Naval Postgraduate School and the Naval Engineering and Expeditionary Warfare Center.

graduation, but it gave me a profession," he said. ESTEP's goals align with the Naval Science and Technology Strategy across several fronts, including the call for cyber network defense; increased efficiency and power density on platforms and reduced weight for personal power; efficient power conversion; energy storage; and resilient power networks and systems for platforms and shore-based infrastructure.





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